



Spc. Gaelen Lowers

Sergeant First Class Ernesto Valenzuela, a Soldier with 92nd Eng. and player for “Co. A, 1/9 FA” (left), and Spc. Kerron Wint, a player with “3rd Sustainment Brigade,” race for the ball during a soccer match at Fort Stewart’s Sports Complex, Nov. 6.

3rd Sustainment out kicks 1/9 FA

Spc. Gaelen Lowers
3rd Sustainment Brigade Public Affairs

The 3rd Sustainment Brigade soccer team edged out the 1st Battalion, 9th Field Artillery, 6-5, after going into overtime during the Fort Stewart Intramural Soccer League here, Nov. 6.

The 3rd Sustainment Bde. came into the championship game one game up on the 1/9th FA, meaning the 1/9th FA would have to beat their opponent twice to gain the title.

We’ve gone undefeated the whole season, said Sgt. Melissa Moorehouse, Headquarters and Headquarters Company, Special Troops Battalion, 3rd Sustainment Bde. “We’ve been playing two to three games per week for the past few weeks. I would say we

are about 10 games in right now.”

The 1/9th FA came out with a victory in the first game with a 1-0 win over the 3rd Sustainment Bde.”That brought the two teams to an even standing and made for an exciting final match up.

Moorehouse said she was excited for her team’s win and wanted to bring home the trophy.

This was not the first time these two teams have met, said Pfc. Fernando Santana, Company A, 1/9th FA. In fact, this was not the first championship game that these two teams have battled.

“This is the fourth game we’ve played (against) this team this year,” said Santana. “It’s always been close. It’s been rough. There have been no easy games. Each game each team has won, it’s been earned. After losing to the same team last season in the championship,

it would be sweet (to win). Losing to the same team two years in a row is not very amusing, not very delightful.”

Each team has been playing together for quite some time, said Moorehouse and Santana.

“The team (1/9th FA) played together last year and made the finals,” Santana said.

“They also play together down in Glennville. They know each other. It’s been two to three years playing together.”

Even a deployment didn’t keep the 3rd Sustainment Bde. from doing what they love and do best.

“The core of us started playing together in Iraq,” Moorehouse said.

“We had a good foundation, and when we came back here, we just picked up where we left off.”

Youth battle it out for local soccer championship

Pat Young
Managing Editor

The action was fast, even if the participants were small at the YMCA, 7-11 year-old Little League Soccer Championships held in Hinesville, Nov. 8.

Striving to be the overall winner, four teams including the “Warriors,” “Infernos,” “Stars” and “Sharks” kicked it out in the midst of the YMCA Fall Festival.

A strong defense and tenacious scoring was key to victory in the first two games of the day. The “Warriors” demonstrated it first as they speared the “Sharks” 7-0 and proved true again as the “Stars” blew out the “Infernos” fire 5-0.

But judging from the players’ performance, no one was giving up without a fight, as all four teams continued to battle it out to the very end.

“They’re small but are big at heart,” said Warriors Coach Daniel Dotson about all the youth on the field.

After a brief respite, the two victors paired up

to see who would earn bragging rights as YMCA champs.

During the first quarter, defense was once again vital as both teams went back and fourth, ending in a sparring match as both teams scored once.

The “Warriors” Daviyon Dotson fired up the second quarter, hammering two quick scores on the board, 3 to 1.

Holding the “Stars” star scorers Kayshala Solo, Brandon Edward and Julie Cayo to a minimum, the “Warriors” won, 6-2.

The winning team members consisted of Alexis Matos, Daviyon Dotson, Luke Cowart, Ameen Vale, Natalie Hooper, Keajah McKine, Paul Kellman, and Marcus Gibbs. The team’s assistant coaches were Raul Canales and Melvin Kent.

The soccer season featured 12 teams in four age categories, according to YMCA sports director Richard Summerville

He said the “Y” also offers football, basket-ball, t-ball, soccer, field hockey and more.



Pat Young

The “Sharks” Kaytlen Nugen challenges two black clad “Warriors” Ameen Vale and Daviyon Dotson, Nov. 7 during the YMCA, 7-11 year-old Little League Soccer Championship in Hinesville.

Shockwaves end season with multiple wins



Pat Young
Managing Editor

Long County Little League football team players and cheerleaders from the “ShockWave” closed out their 2008 football season, Nov. 1.

The team, which played in the 9-10 year-old category, was matched in their final game against the “Redskins” in a game that was played at the Fort Stewart Youth Services sports field. Walking away with a win,

the game brought the “Shockwave’s” record to 8 and 4 but the youth realized the real win was in the participation and the friendships they made, according to Sheryl Hurst, cheerleading coach for the team.

“They are all a great bunch of children. We could not be more proud (of them),” Hurst said. “We would like to give the military children a little more praise for those little ones, whom always go on even though their parents are deployed.”

Courtesy Photo

Left: Backrow players Darnel Campbell, Javien Sims, Cameron Foster and L.G. Williams, smile as front and middle row youth, Caleb Thompson, Nia Hurst, Dalton Sanders, Larita Fontain-Hurst, Keaston Edwards, Heidi Hurst, David Hurst, and Kennedy Edwards hold up a sign saying the team misses John Asley, one of the team’s deployed parents.



Vanguard Soldiers capture flag football title

Sgt. 1st Class Tami Hillis

Sergeant Boyd Thomassan, a native of Jeffersonville, Ind., with the 703rd Brigade Support Battalion "Ruffnex," gets his flags taken during the FOB Kalsu Flag Football Championship, Nov. 2. The "Ruffnex" beat the 4th Brigade Special Troops Battalion, 3rd ID "Outlaws," 25-19 in overtime to capture the bragging rights.

Jake's Body Shop: How to judge proper body fat

Jake Battle
DMWR Fitness Coordinator

Think fat is all bad? Well, body fat serves as a source of energy for the body.

Calories that are not used for growth, repair or activity are stored as fat.

A certain amount of fat is essential for normal functioning.

Excess fat represents extra weight to be carried by the body. It can impair some types of exercise and can be detrimental to health.

Fat puts strain on the heart as well as the other organs. The excess

weight means more work and, therefore, more strain on your cardiovascular system.

Fat weight consists of both essential fat and storage fat. Lean body weight is composed of muscles, bones, organs and other lean tissue.

The component of your lean mass most likely to change is your muscle weight. In most cases, lean body mass equals muscle mass.

It is important to remember that the values calculated for your percent



body fat are estimates, and that your true fat percent may be one to three percent above or below that value.

However for hydrostatic weighing and skinfold test, the error is systematic, and repeated test should show changes over time. We suggest that you monitor your progress by

using the same method each time. Most people exhibit increased body fat as they get older. The largest gains for men happen between 20 to 30; for women between ages 30 to 40.

Contrary to popular belief, body fat does not necessarily have to increase with age.

The reason many people gain fat as they get older is due to less physical activity and the accompanying loss of muscle mass.

Because lean body mass is closely associated with metabolic rate, decreased muscle can result in sluggish metabolism.

Consequently, fat weight gain occurs even if caloric intake remains the same.

Therefore, in evaluating your body composition, consider your exercise habits.

Fort Stewart Intramural Fall Softball League

CO-ED SCHEDULE

DATE	TIME	TEAMS
Nov. 24	6:30 p.m. 7:30 p.m.	Geo Vista vs. Bold and Beautiful Young-n-Old vs. Scared Hitless
Dec. 1	6:30 p.m. 7:30 p.m. 8:30 p.m.	Down and Dirty vs. Comcast Young-n-Old vs. Comcast Geo Vista vs. Down and Dirty Scared Hitless vs. Bold and Beautiful
Dec. 3	6:30 p.m. 7:30 p.m.	Comcast vs. Scared Hitless Bold and Beautiful vs. Down and Dirty
Dec. 8	6:30 p.m. 7:30 p.m. 8:30 p.m.	Comcast vs. Geo Vista Scared Hitless vs. Down and Dirty Bold and Beautiful vs. Young-n-Old

All games are played on Field 2 at the Sports Complex.

MEN'S OPEN

DATE	TIME	FIELD	TEAMS
Today	6:30 p.m. 7:30 p.m. 6:30 p.m. 7:30 p.m.	1 1 3 3	Down and Dirty vs. 5/7 Cav. 5/7 Cav. vs. Down and Dirty 5/7 Cav. vs. Spartans Spartans vs. 5/7 Cav.
Nov. 25	6:30 p.m. 7:30 p.m. 6:30 p.m. 7:30 p.m.	1 1 3 3	Spartans vs. Down and Dirty Down and Dirty vs. Spartans 5/7 Cav. vs. Fire Dept. Fire Dept. vs 5/7 Cav.
Dec. 4	6:30 p.m. 7:30 p.m. 6:30 p.m. 7:30 p.m.	1 1 3 3	Spartans vs. Fire Dept. Fire Dept. vs. Spartans Down and Dirty vs. 5/7 Cav. 5/7 Cav. vs. Down and Dirty
Dec. 11	6:30 p.m. 7:30 p.m. 6:30 p.m. 7:30 p.m.	1 1 3 3	5/7 Cav. vs. Fire Dept. Fire Dept. vs. 5/7 Cav. Spartans vs. 5/7 Cav. 5/7 Cav. vs. Spartans

For more information about intramural sports, call 767-9795.

2008 FALL SOFTBALL STANDINGS

COED Softball

	WON	LOST	PCT
Bold and Beautiful	4	0	1.000
Comcast	3	1	0.750
Geo Vista	2	2	0.500
Down and Dirty	2	2	0.500
Young-N-Old	1	3	0.250
Scared Hitless	0	4	0.000

COED Softball

	WON	LOST	PCT
5/7 Cav.	2	0	1.000
Co. A, 1/9 FA	5	2	0.714
HHC, 1/3 BDE	3	5	0.375
26th BDE	2	4	0.333
MEDDAC	1	6	0.142

Fort Stewart Intramural Fall Soccer League

DATE TIME TEAMS

Nov. 15	6:30 p.m. 7:30 p.m. 8:30 p.m.	Battery A, 1/9 FA vs. HHC, 4/3 BTB Co. A, 4/64 AR vs. Co. A, 3/69 AR Battery A, 1/76 FA vs. 92nd Eng.
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Intramural soccer standings

Rocky's Conference

	WON	LOST	PCT
HSC, STB, 3rd SB	7	0	1.000
Co. A, 1/9 FA	5	2	0.714
HHC, 1/3 BDE	3	5	0.375
26th BDE	2	4	0.333
MEDDAC	1	6	0.142